

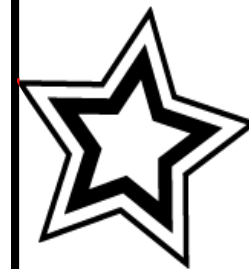


Westminster Senior Center
Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

January 2010

(714) 895-2878



Happy New Year!
2010



Mark Your Calendars:



♦ NEW CLASSES BEGIN
Monday, January 4th

♦ BRAILLE INSTITUTE CLASSES
4 weeks beginning Tuesday, January 4th

♦ FLU SHOTS
Friday, January 15th

♦ RETIREMENT TRANSITIONS CLASS
8 weeks beginning Wednesday, January 27th



Westminster Senior Services Team

CITY COUNCIL

Margie L. Rice
MAYOR

898-3311 ext. 275
893-1732

Tri Ta
MAYOR PRO TEM
898-3311 ext. 263

Frank G. Fry
COUNCIL MEMBER
898-3311 ext. 271
893-3161

Andy Quach
COUNCIL MEMBER
898-3311 ext.274

Tyler Diep
COUNCIL MEMBER
898-3311 ext.262

Donald D. Lamm
CITY MANAGER
898-3311

Greg Johnson
COMMUNITY SERVICES DIRECTOR
895-2860

Diana Dobbert
ASSISTANT COMMUNITY SERVICES DIRECTOR
895-2860

COMMISSION ON AGING

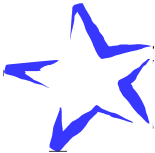
Chair-Vince Agor	897-6252
Commissioner-Nora Barajas	893-3708
Commissioner-Phillip Hodgetts	847-4165
Commissioner-Jerry Meade	893-2865
Commissioner-Vince Petronzio	897-6261
Commissioner-Ginger Vaughn-Borden	897-4644
Alternate-Carolyn Black	897-5209
Alternate-Erwin Vysma	893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff
895-2878

Interim Senior Services Supervisor - Claire Hutchinson
Nutritionist Maribel Avilez
Secretary - Sherrie Machuga
Receptionist - Ivy Gimondo
Clerk Typist - Joy Williams
Transportation Coordinator - Bea Pratte
Van Drivers - John Conrekas, Bertha Lara and Clarey Mercer
Health Care Nurse - Jane Hannah
Project S.H.U.E. Director-Susana Delgado
Senior Center Intern-Amber Julian



We are on the Web!

This monthly newsletter,
The Senior Center Spotlight,
is now available on the City Website:

www.ci.westminster.ca.us,

Departments, Community Services, Senior Services.

Emergency & Business
Telephone Numbers

Emergency Number	911
Police	898-3315
Fire	744-0400
Elder-Abuse	1(800)451-5155
City Hall	898-3311
OCTA (ACCESS Van)	560-5956
Chamber of Commerce	898-9648
Library	893-5057
Medi-Cal	741-7100
Social Security	1(800)772-1213
Ombudsman	479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Health Talk: “Medication Safety”

Wednesday, January 6th
11:00-11:30 a.m.
Dining Room

Presented by Jane Hannah , R.N., P.H.N.

*Sponsored by: Adult Public Health Nursing Services
and the Orange County Health Care Agency.*



Topics to include:

- . Review prescriptions with doctor
- . Keep a list of all medications
- . Understanding interactions between meds.
- . Consider a 7-day pill organizer

Diabetes Education & Support Group
“Research & Diabetes”

Wednesday, January 20th
12:30 p.m.-2:00 p.m. in Room

A/B
Topics to include:

- ♦ Preventing, treating and curing diabetes
- ♦ New research ideas

*Presentation given by: Jane Hannah RN, PHN
Sponsored by: Adult Public Health Nursing Services,
and the Orange County Health Care Agency.*

★ Information on Medical will be discussed.



Senior Center Programs

Valentine's Party

is quickly approaching and tickets go on sale Monday, January 4th, 2010.

Date: Thursday, February 11th in the East/West Room

Time: 11:00 a.m.

Price: \$3.50 per person

Sign-Up ASAP at the Front Desk

2009 Income Taxes

Seniors 60+

Come and have your income tax forms filled out FREE of charge from our experienced and knowledgeable volunteers. This service will be available every Wednesday from 8:30 a.m.-11:30 a.m., beginning February 3rd, 2010 and concluding April 14th, 2010. Appointments can be made as of January 4th, 2010. Come into the Senior Center or call us at (714) 895-2878 to make an appointment.

Remember to bring the following :

- Copies of last year's (2008) tax returns, both Federal and State.
- IRS and State Booklets
- Wages and other income received.
- Records of interest-1099 INT Forms
- Records of dividends-1099 DIV Forms
- Pensions, IRA, Annuities, Social Security



From the Director's Chair

Happy New Year!

The New Year brings new beginnings and renewed hope. It is a time to reflect on the past and make changes in the future. At the Center, many opportunities are available to Seniors such as exercise classes, special interest classes, special events and volunteering. Become involved in 2010!

The Orange County Braille Institute Regional Sight Center will be holding a four-week seminar here at the Center starting Tuesday, January 5th. The class will be held from 10:00 am until 12 noon on those days and the instructor will be Barbara Turner.

Huntington Beach Adult School will be offering a class here at the Center called "Retirement Transitions: Find New Work and Opportunities" which will be held for 8 Wednesdays beginning January 27th from 9:30 a.m. – 11:30 a.m. in Room 10. If you have any questions, please call (714) 901-8106. This is a fee-based class.

Income Taxes: Help with income taxes will begin on Wednesday, February 3rd. You need to make an appointment at the Front Desk, choosing the Wednesday morning that is good for you. Thanks again to Tommy Schoch for being the Volunteer Secretary for the AARP helpers.

The Valentine's Day Party will be held on Thursday, February 11th in the East/West Room at 11:00 a.m. Tickets will go fast so please get yours early. Have a great year!

CLAIRE



FLU CLINIC

50+ and or 18+w/chronic illness

Friday, January 15th

8:30 a.m. – 11:30 a.m.

or while supplies last...

First Come – First Served



FREE

Senior Center Programs



Lunch Is Served
Monday-Friday at 11:45 a.m.
Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels
W.O.W. Nutrition Van
Please help us continue this outstanding bus service by abiding by the following:
-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.
-After three “no shows” you will be taken off the transportation program.
-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:
8:00 a.m. to 9:00 a.m. from home to Center.
Afternoon Returns:
12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle
The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:
NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.

Mondays, Wednesdays & Fridays
Thanks to our January 2010 Callers:

1/4-Mary Pagano	1/18-Mary Pagano
1/6-Dollie DeRobbio	1/20-Dollie DeRobbio
1/8-Sue Wolff	1/22-Dorothy Siebert
(9:30-11:15)	(9:30-11:15)
1/11-Kim Ward	1/25-Kim Ward
1/13-Earl Northcott	1/27-Earl Northcott
1/15-Dorothy Siebert	1/29-Sue Wolff
(9:30-11:15)	

A New Class from the Orange County Institute Braille Sight Center



This popular center, located in Anaheim, serves the residents of Orange County, providing an array of free services and programs, including orientation and mobility, independent living skills, Library Services, a Vistas shop, youth programs and other benefits.

Beginning Tuesday, January 5th, Barbara Turner from the Braille Institute will present a 4-week class, which will include a field trip on the last Tuesday, January 26th, to the Institute, a visit to the Vista Shopping Store and then a trip to Po’ Folks Restaurant for lunch.

Please sign-up early at the Front Desk as there is limited seating on the Braille Institute Bus.

4 Tuesdays, January 5th-January 26th
from 10:00 a.m.-12:00 noon in Room 10

DAY TRIPS

Viejas Indian Casino
Thursday, January 7th, 2010
Enjoy a fun-filled day gaming and shopping at Viejas!”
Includes: 1/2 Off for Lunch (= \$5 Coupon)
& Shopping (right across street).
Depart: 8:00 a.m. **Return: 5:00 p.m.**
Cost: \$15.00

Little Italy Bread Tour
Tuesday, February 9th, 2010
You will have two guides to teach you about Italian bread making and all its variations. Included is a live musical performance from the San Diego Symphony’s accordion player paired with a progressive Italian lunch and dessert in Little Italy. Also, you’ll visit their #1 European gift store where the owner treats you to wine & delectable snacks plus a stop at Café Zuccero, one of the best pastry shops in town!
Depart: 8:00 a.m. **Return: 6:00 p.m.**
Cost: \$62.00

Pechanga Indian Casino
Tuesday, February 23rd, 2010
Enjoy a fun-filled day in Temecula. Deluxe Motorcoach!
\$5 in Slot Play upon arrival.
Depart: 8:00 a.m. **Return: 5:00 p.m.**
Cost: \$17.00

Bakery Spectacular Tour in Los Angeles
Thursday, March 11th, 2010
We will venture to bakeries, factories and shops that you never knew existed! And don’t worry about the calories all at once; you’ll be given a treat to try or take home at each stop. You can decide which bakery is the best: German, Italian, Cuban, Mexican or Chinese. Lunch is included at the Scottish Tam O’Shanter restaurant, where you will have a delightful Cobb salad w/fresh bread and dessert. Come join us! We’ll diet on another tour!!!!
Depart: 8:30 a.m. **Return: 5:00 p.m.**
Cost: \$78.00



TAM O'SHANTER
RESTAURANT

OVERNIGHT TRIPS



AVI Hotel & Casino
January 17-19, 2010 \$75 p/p Double Occupancy
(Sunday-Tuesday) \$95 Single Occupancy
Includes 3 days/2 nights.
YOU HIT THE BULLSEYE ON THIS ONE!
Visit to Laughlin on Day #2 (optional)
2 FREE meals: 1 Breakfast & 1 Dinner
Great Baggage Handling & Driver’s Tip included.
Depart: 8:00 a.m. **Return: 6:00 p.m.**



Stateline Special to Buffalo Bill’s
March 22nd-23rd, 2010 *Rates are lower than 2009!
Package includes 2 DAYS, 1 NIGHT at Buffalo Bill’s Hotel and Casino. 2 FREE Buffets & Baggage Handling. (MONDAY-TUESDAY)
\$52 p/p Double Occupancy
\$66 Single Occupancy
Depart: 8:00 a.m. **Return: 6:00 p.m.**



*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

**Adult Fitness (Chair Exercises) A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.			*Dance Aerobics		
Day	Time	Instructor	Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters	Tues.&Thurs.	12:45 a.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters	Thursday	9:00 a.m.-10:30 a.m.-Level 2	J. Camarena
			Thursday	10:30 a.m.-12:00 pm-Level 3	J. Camarena
			Thursday	3:00p.m.-4:30 pm-Level 2/3	J. Camarena
**Beginning (Chair) Fitness			Longevity Stick		
Day	Time	Instructor	Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.		
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters	Day	Time	Instructor
	** Aerobics		Monday	9:00 a.m.-10:00 a.m.	D. Allison
The aerobics class is open to seniors who are able to do chair exercises and floor exercises .			Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau
Day	Time	Instructor	*Low Impact Aerobics		
Monday	10:00 a.m.-12:00 p.m.	M. Lascoe	Day	Time	Instructor
			Tuesday	10:45 a.m.-11:45 a.m.	J. Camarena
**Balance & Mobility			Mah Jongg		
A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor’s clearance, medical history and balance evaluation before enrollment.			Day	Time	Instructor
Day	Time	Instructor	Monday	10:00 a.m.-12:00noon	Group
Tues. & Thurs.	8:45 a.m.-9:45 a.m.	M. Masters	*Retirement Transitions		
			Day	Time	Instructor
			Monday	9:30 a.m.-11:30 a.m.	S. Fleming
Bridge			* Stretch and Flex		
Day	Time	Instructor	Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group	Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena
Bunco			Sudoku		
Day	Time	Instructor	Day	Time	Instructor
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono	Friday	10:30 a.m.-12:00 noon	M. Epstein
Creative Crafts			Tai Chi		
Day	Time	Instructor	Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth	Friday	8:30 a.m.-10:30 a.m.	L. Mo
Beginning & Intermediate Computer Classes			Yarn Spinners		
PLEASE NOTE: All computer classes will start up again in 2010. The dates at present are unknown. Instructors will contact potential students with the new schedules. Applicants should fill out forms at the Front Desk.			Day	Time	Instructor
			Mon./ Wed./Fri.	9:00 a.m.-12:00noon	G. Borden
			*Yoga for Health		
			Day	Time	Instructor
			Monday	1:00 p.m.-2:15 p.m.	A. Rosario

Please Note: ALL Huntington Beach Adult School classes are now **Fee-Based**.
*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)
**Coastline Community College Classes are offered at no cost, pre-registration is advised.
(for further information, call (714) 241-6184.

Spring Session for Coastline College is from February 1st through May 27th.
Spring Session for Huntington Beach Adult School is January 4th through December 17th April 29th.

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. January Commodities will be on **Wednesday, January 13th**. If you are a Senior (60+) living in Westminster, and qualify as low income, please come between **8:00 a.m.-11:00 a.m.** Bring proper identification & plastic bag.

Driver Safety (formerly 55 Alive) - Classes are every other month on a Thursday and a Friday from **8:30 a.m.to 12:30 p.m.** The next class takes place on **February 4th & 5th, 2010. NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**

2010 CLASSES

Huntington Beach Adult School classes will resume Monday, January 4th.

Coastline College Classes will resume Monday, February 1st.

ESL Classes will resume Tuesday, February 2nd.



Dinner Group

Sizzler

(12775 Beach Blvd. in Stanton)

Wednesday,
January 20th, 2010
4:30 p.m.

** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

January 8th
“Wild Hogs”
John Travolta, Tim Allen
Restless and ready for adventure, four suburban bikers leave the safety of their subdivision and head out on the open road. They encounter many complications as they cross paths with an intimidating band of New Mexico bikers.
Runtime: 1 hour, 40 minutes
Rated PG-13 (2007); Comedy

January 15th
“G.I. Joe: The Rise of the Cobra”
Dennis Quaid, Channing Tatum
Hawk, Ripcord, Heavy Duty and the rest of the elite special mission force set out to stop evil arms dealer Destro and his minions.
Runtime: 2 hours
Rated PG-13 (2009); Action

January 22nd
“Some Like It Hot”
Marilyn Monroe, Tony Curtis
Two musicians accidentally witness the St. Valentine’s Day Massacre and get out of town the only way they know how: dressed as women.
Runtime: 2 hours
Rated PG (1959); Classic

January 29th
“My Life in Ruins”
Nia Vardalos, Richard Dreyfuss
A Greek-American travel guide is so distracted by what is going wrong, she almost misses out on romance.
Runtime: 1 hour, 38 minutes
Rated PG-13 (2009); Comedy